



SINZANI  
SPA  
BESPOKE WELLNESS



TREATMENT MENU



*SINZINANI SPA OFFERS A  
WORLD CLASS EXPERIENCE  
THAT WILL RELAX, RESTORE  
AND REJUVENATE YOUR  
BODY, MIND AND SOUL*



## ABOUT US

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Sin zinani Spa is a Unique Urban Sanctuary that offers an experience through luxurious individual treatments and spa packages. Nestled between the Klipriviersberg Mountain range, set inside a true African bush setting of the magnificent, award winning four star Thaba Eco Hotel. Sin zinani Spa offers a world class experience that will relax, restore and rejuvenate your body, mind and soul. For an out of Africa, in the City luxury pampering spa experience, discover a place where relaxation and stress reduction is a way of life !



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# MASSAGE EXPERIENCES

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## HERBAL OIL MASSAGE

30 min back massage	<b>R 520</b>
45 min back massage	<b>R 550</b>
60 min full body massage	<b>R 830</b>
90 min full body massage	<b>R 945</b>

Using a warm pre-blended aromatherapy -infused oil, that is massaged deeply into your body, creating a sense of relief for tension and aching bodies. This quality massage will work on stress areas and tight tired muscles.

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## CBD OIL MASSAGE

30 min back massage	<b>R 580</b>
45 min back massage	<b>R 680</b>
60 min full body massage	<b>R 860</b>
90 min full body massage	<b>R 1100</b>



## HOT STONE MASSAGE

30 min back massage	<b>R 525</b>
45 min back massage	<b>R 620</b>
60 min massage	<b>R 860</b>
90 min massage	<b>R 990</b>

Using perfectly warmed stones to apply additional deep tissue pressure, this combination assists in releasing the stress in the back and/or full body.

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## MUSCLE AND JOINT MAGNESIUM THERAPY

60 min full body massage	<b>R 890</b>
90 min Full Body Massage	<b>R 1040</b>

Magnesium has many benefits that assist with relieving chronic pain, fatigue and insomnia. Choose between a 60min deep tissue Magnesium massage which induces a state of calm or a 90min treatment which includes an immune boosting back wrap that penetrates deep into the muscular system, you can only leave feeling ready to take on the world.



## AROMATHERAPY MASSAGE

30 min back massage	<b>R 530</b>
45 min back massage	<b>R 620</b>
60 min massage	<b>R 860</b>
90 min massage	<b>R 1040</b>

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## DEEP TISSUE MASSAGE

Back Massage (45 min)	<b>R 690</b>
Full body massage (75 min)	<b>R 950</b>
Add on Intonga Wooden Sticks	<b>R 150</b>

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## PREGNANCY MASSAGE

(suitable from 2 trimester only)

Back Massage (45 min) Full	<b>R 560</b>
Body Massage (60 min)	<b>R 860</b>

This massage nourishes your skin with aromas that soothe the soul.



## RELAXING SCALP AND LEG (IDEAL FOR ALL TRAVELLERS ROAD OR FLIGHT)

45 min

**R 580**

This treatment works on the head, legs (including wrap) and feet which enhances a relaxing response to areas which are often neglected. Including pressure points and express release of stress accumulating in these areas.

## LYMPHATIC FACIAL SCULPTING MASSAGE

A gentle, therapeutic facial massage designed to stimulate the lymphatic system and support the natural drainage of excess fluid and toxins from the face. This treatment helps reduce puffiness around the eyes and cheeks while improving circulation, leaving the skin looking more sculpted, refreshed, and radiant.

Regular lymphatic facial massage promotes a smoother, brighter complexion and enhances the absorption of skincare products by activating and revitalising the skin.

This treatment is enhanced with our nourishing Holistic Facial Oil, delivering immediate hydration while elevating the relaxing and rejuvenating effects of the massage.

30 min- Lymphatic Facial Sculpting Massage

**R 400**

45 min- Enhanced with Silk Hydrating Mask

**R 550**



## ADD ON : SPECIALITY

Oncology Massage **R 300**

## ADD ON :

Back exfoliation **R 300**

Full Body Exfoliation **R 420**

Back Wrap **R 290**

Full Body Wrap **R 420**



# SINZINANI SIGNATURE SPA TREATMENTS

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## BESPOKE BOTANICAL BODY JOURNEY

90 min

**R 1100**

Bespoke Body Treatments, selected by you on your spa day. Treatments include:  
Upon arrival you will be requested to choose from a selection of Kalahari body exfoliants and massage medium. Unveil your smooth skin with a personalised blend of the desired Kalahari Exfoliation Medium and a hydrating blend of nourishing botanical oils. Buff away dry dull skin, wrap to nourish and reveal your unique desert glow. This journey includes back, hand and feet exfoliation, back wrap and full body massage.

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## BESPOKE HEALING MASSAGE PACKAGE OF CHOICE

90 min

**R 1300**

Upon arrival, choose the Ocean Therapy aroma blends that resonates with your soul. Each product is uniquely made up just for your pampering experience.

The Massage Experience includes a Signature Sinzinani Opening and closing touch, a beautiful head & scalp ritual followed by a relaxing Lava Shell Full body massage including pressure points.

You will be requested to choose from the following :

Anti Stress | Aches & Pains | Healing | Relaxing



# HEALING EARTH BODY TREATMENTS

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Sin zinani Spa proudly partners with Healing Earth, an award-winning South African wellness brand inspired by Africa's rich natural healing traditions. Using powerful indigenous botanicals and therapeutic massage techniques, each treatment is designed to restore balance, ease tension and deeply nourish the skin. From relaxing full-body massages to invigorating body rituals, these treatments harness the potency of African ingredients such as Marula, Shea Butter and African Potato Balm, creating a sensory wellness experience that relaxes the body, revitalises the skin and calms the mind.

## AFRICAN AROMATHERAPY JOURNEY

Escape into deep relaxation with this indulgent full-body massage, inspired by Africa's healing rhythms. Specially blended aromatherapy oils and flowing techniques ease tension, restore balance, and nourish the skin, leaving it soft, radiant, and renewed.

Choose your preferred Pinotage Aromatherapy Oil Blend:

Relax & De-Stress | Detox & Uplift | Condition & Hydrate

60 MINUTES R760 | 90 MINUTES R920

## MUSCLE EASE DEEP TISSUE MASSAGE

This massage targets stiff and sore muscles by concentrating on the areas where lactic acid has built up. Pressure is altered from medium to deep to adapt to those tough tension areas and improve blood circulation.

A cooling gel is applied to the upper back to refresh, calm and soothe the relieved area.

60 MINUTES R860 | 90 MINUTES R990



## TENSION RELEASE BACK, NECK, SHOULDER MASSAGE

45 min

**R545**

Gentle warm compresses to allow for full relaxation, before flowing into a tension relieving Back, Neck & Shoulder massage. Finish with a cooling gel to leave you feeling refreshed.

## SHEA BUTTER MELT AWAY MASSAGE

Allow tension to gently dissolve with this deeply soothing full-body massage designed to relax tired muscles and restore circulation.

Slow, rhythmic techniques focus on areas of tension while warm, nourishing Shea Butter melts into the skin, delivering intense hydration and comfort . Infused with the calming aromas of Marula and Neroli, this indulgent experience leaves the body relaxed, the skin beautifully nourished, and the mind completely at ease.

60 MINUTES -R790 | 90 MINUTES -R800

## AFRICAN POTATO BALM RESTORE & HEAL MASSAGE

60 min

**R800**

Soothe and restore the body with this nurturing massage using Healing Earth's award-winning African Potato Balm. Rich in healing and anti-inflammatory benefits, it deeply nourishes, hydrates, and comforts the skin, leaving the body renewed.

## COFFEE AND SPICE DETOX CEREMONY

90 min

**R1250**

An energising body treatment designed to awaken the skin and stimulate circulation. The ritual begins with dry body brushing followed by a full-body exfoliation using our Coffee, Cinnamon & Orange Body Polish. Warm aromatic towels gently remove the scrub before a nourishing full-body massage with Coffee, Cinnamon & Orange Body Oil leaves the skin smooth, toned and revitalised.





# FACIAL SKINCARE

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## KALAHARI FACIALS

Express Honeybush Facial	<b>R 495</b>
Revitalising Pamper Facial	<b>R 680</b>
Classic Facial	<b>R 580</b>
Problematic Skin	<b>R 680</b>
Anti - Ageing Facial	<b>R 680</b>
Calm Touch	<b>R 620</b>



# LAMELLE FACIALS

## DRY AND SENSITIVE SKIN

**R 740 pp**

Essentials Hydrating and Calming Treatment (90min)

This Essential treatment is a luxurious, comfortable facial-like treatment that is formulated to calm irritated skin and overturn tight and dry feeling skin. Includes a relaxing face, décolleté, neck and arm massage

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## AGEING SKIN

**R 890 pp**

Essentials Age-Prevention Treatment (90 min)

This Essential facial-like treatment is a luxurious treatment that includes light enzymatic exfoliation that is combined with anti-ageing ingredients in the Skin Alchemy Concentrate and Antioxidant loading mask. Includes a relaxing face, décolleté, neck and arm massage.

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## HYPER PIGMENTATION

Beta Peel (30 min)

**R 740 pp**

To treat hyperpigmentation, you need to move the cells that contain the pigment, while also decreasing the amount of pigmentation produced. Beta Peels are the preferred peel used to increase cell shedding, and combined with home care products, which inhibit pigmentation production.

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## PROBLEMATIC SKIN (ACNE)

**R 890 pp**

Essentials Deep Cleanse or Purity Treatment (60 min)

This treatment follows the steps of a luxury facial that includes light enzymatic exfoliation, extraction of congested skin, application of personalised concentrate serum and a choice of masks.



# SPA PACKAGES

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At Sinzinani Spa our main objective is to offer you an experience that allows you to escape from your stress. Enjoying quality time with nature and stillness within yourself will allow you to continue to become the significant human that you are. Spoil yourself with a package that speaks to you. All Packages are applicable to couples and groups respectively.

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## SINZINANI EXPRESS PACKAGE

120 min

**R 1420 pp**

This package is a combination of treatments that allows your body to heal in all aspects. It includes a rejuvenating express facial, deep hydrating back massage and a soft hand & foot exfoliation and massage. Perfect for a quick escape to assist you with a stressful life.

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## SINZINANI PAMPERING ESCAPE PACKAGE

180 min

**R 1900 pp**

A Half day escape treating all the areas of stress and tension carried within the body.

This package includes an Aromatherapy Full Body Massage, Pampering Facial and Pampering Hand and Foot Treatments.

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## TIP TO TOE PAMPERING EXPERIENCE

240 min

**R 2450 pp**

This package allows more time for therapy and stillness with the soul. It reveals the importance of soul and body rejuvenation. Enjoy on your own, as a couple, or as a group.

The Tip to Toe Experience includes Back Exfoliation, 60min Full Body Massage, Classic Facial, Standard Manicure and Pedicure.



# SINZINANI NAIL BAR

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Pamper Hand Treatment	R 320
Pamper Foot Treatment	R 320
Standard Manicure	R 360
Standard Pedicure	R 380
Medi Heel Pedicure	R 580
Medi Heel Treatment Only	R 290

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## **Gel Overlays**

Gelish Hands	R 360
Gelish Feet	R 380
Full Gelish Manicure	R 490
Full Gelish Pedicure	R 500

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# HAND AND FOOT

## **Anti Aging Hotstone Treatment**

Manicure 75 min

**R 470**

Pedicure 80 min

**R 500**

This unique African ritual allows your feet to find balance and nurturing in a foot soak, followed by a warm massage of your arms and hand or legs and feet. An African potato masque softens the hard tough skin and melts into the skin allowing rich elements to work on these important parts of the body. The treatment includes a shoulder massage

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## ADD ON SERVICES

Buff and Shape Only

**R 120**

Polish Only

**R 120**

Soak Off

**R 70**



# TERMS AND CONDITIONS

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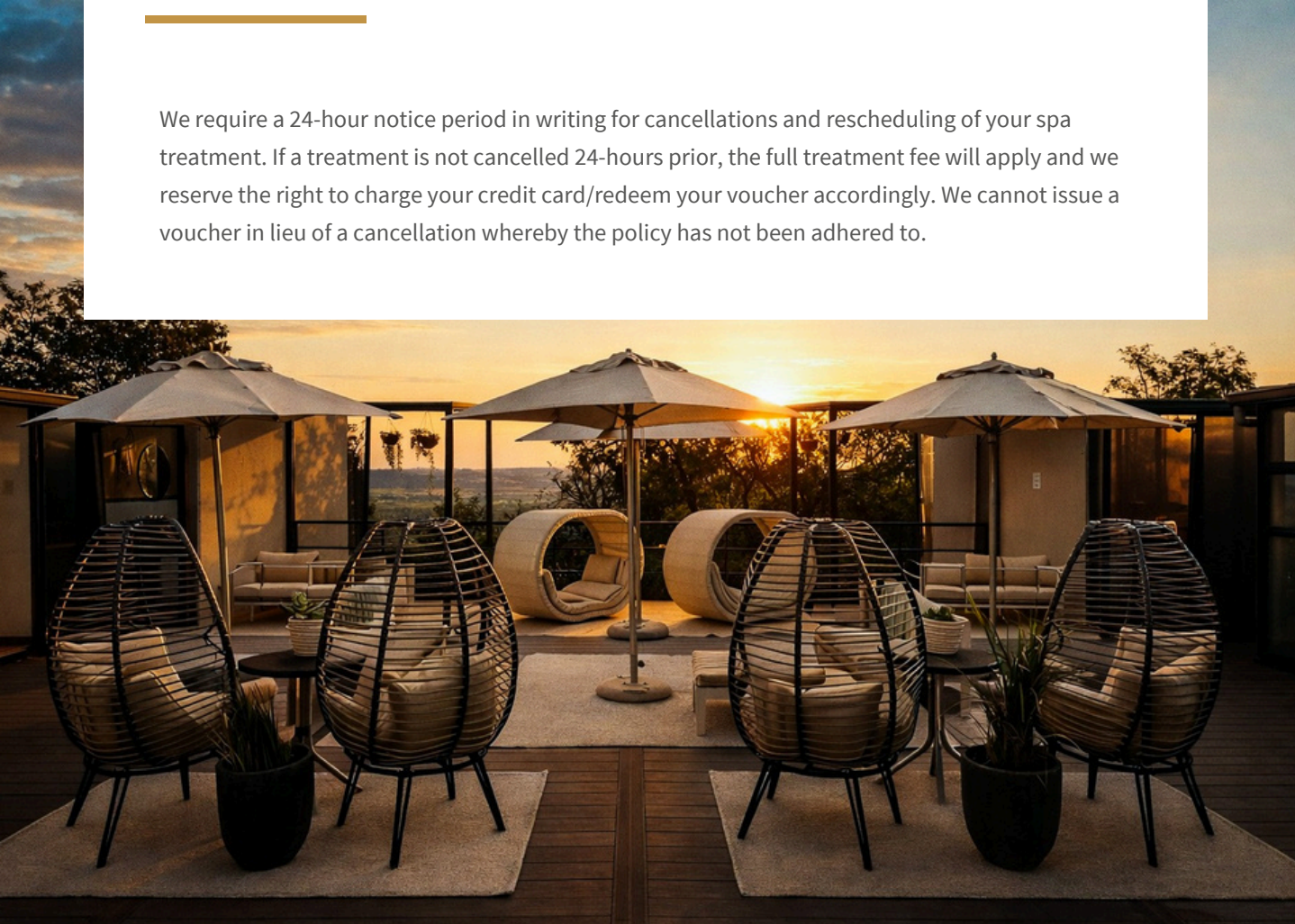
- Your spa booking will only be confirmed once credit card details are provided or an EFT payment has been completed.
- It is standard spa procedure for all guests to complete a client consultation card before their treatment begins.
- Please inform us at the time of booking if you are pregnant, have any allergies, or have any medical conditions we should be aware of.
- Product purchases are non-refundable.
- Guests are requested to arrive 15–30 minutes prior to their scheduled treatment time to allow for check-in and completion of the client consultation card.
- Punctuality is essential. Late arrival may result in a shortened treatment time while the full treatment fee will still apply.
- Cellular phones must be switched off during treatments and while in relaxation areas to ensure a peaceful environment for all guests.
- We strongly recommend that no alcohol be consumed prior to or during your spa treatment.
- Sinzinani Spa cannot be held responsible for any theft, loss, damage, or misfortune that may occur during your visit.
- No children under the age of 4 years are permitted in the spa.
- Relaxation areas are reserved for spa guests only. Non-spa guests accompanying you are welcome to relax at Kraal Restaurant or E-Bar.
- Spa gowns provided are for spa use only and may not be removed from the premises. Should you wish to purchase a gown, please inform our staff when making your booking.
- Weekend and public holiday bookings are highly recommended 2–3 weeks in advance to avoid disappointment.



# CANCELLATION POLICY

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We require a 24-hour notice period in writing for cancellations and rescheduling of your spa treatment. If a treatment is not cancelled 24-hours prior, the full treatment fee will apply and we reserve the right to charge your credit card/redeem your voucher accordingly. We cannot issue a voucher in lieu of a cancellation whereby the policy has not been adhered to.





THABA ECO HOTEL, 46 IMPALA ROAD, KIBLER PARK, GAUTENG

TEL: +27 11 959 0712 | CEL: 074 380 2177

EMAIL: [BOOKINGS@SINZINANISPA.CO.ZA](mailto:BOOKINGS@SINZINANISPA.CO.ZA)

[WWW.SINZINANI.CO.ZA](http://WWW.SINZINANI.CO.ZA)